

## **PERSONAL ITEMS FOR DEPLOYMENT**

These items make life a little better. But what you pack and the amount that is packed/sent will be determined by personal preference, mission and the amount of times you or your unit moves.

1. International converter- Can be purchased at Wal-Mart, Bed Bath and Beyond, Linen and Things, Iraq uses 220 watts, US uses 110 volts. You can also purchase at any PX in Iraq.
2. Headlamp with White and Red Lite- Uses AAA batteries, purchase at Wal-Mart. Great for in the ER for staff to use for focused lighting.
3. 550 Survival Cord- Purchase at PX or Clothing Sales. Take a long piece of the cord, bend it in half then twist the ropes together, hang from walls or post to make a clothes line. Clothing can be placed between the twisted areas which eliminates the need for clothes pins.
4. 90MPH tape- Purchase at PX or Clothing Sales. Great for marking duffel bags or field packs using and indelible marker.
5. Sewing Kit- Zip up kind from clothing sales, has the uniform thread colors, zips up to keep items secured in the kit and will not crack like a hard plastic sewing kit will.
6. Hot Pot- Purchase at PX. Great for heating water for tea or coffee, easily cleaned if soup is cooked in it.
7. Electric Tea Kettle- get the one that automatically shuts off after the water boils
8. Mug with sealable top- Wal-Mart- the closeable slits in the lid prevents sand from entering through the top
9. Camping Soap- purchase at Clothing Sales or PX. Concentrated soap, a little goes a long way for cleaning the Hot Pot, or your mug
10. Metal D-Ring- PX or Clothing Sales- useful for attaching gloves to LBE or use as narcotic key ring, multiple uses
11. Credit Card- for personal expenditures.
12. Phone cards- buy in PX before leaving for Iraq
13. Batteries
14. Favorite Tea/Coffee
15. Anti-bacterial Hand wipes
16. Hand Gel
17. Foot Power
18. Sock Liners- Purchase at Camping store like REI- keeps the feet dry and in the winter time a soldier can put the liner on then stick toe or foot warmers to the bottom of the liner and then put on a thick sock. Warmers last for 8 hour
19. Running shoes
20. PT clothes
21. Toe and or Foot Warmers- Purchase as Clothing Sales or Camping Stores like REI.
22. Baby Wipes- Suggest non-scented kind- bugs are attracted to sweet smelling odors
23. Vaseline Intensive Care Hand Cream for dry skin
24. Flip flops- Tevas that use Velcro are durable and easier to walk/run in, also they are higher then some flip flops to keep your feet out of shower water that may have trouble draining from shower stalls. Do not put them away wet, they will stink if not permitted to air out

25. Chap-stick Overnight Lip Treatment/Skin Protectant Lip Balm- can be put on without the use of fingers and is great for really dry times in the desert
26. Allercan Refresh Tears/Lubricant eye drops for mild to moderate dry eyes- not an astringent
27. Eye Shield- Purchase at Wal-Mart (hygiene section), REI, Samsonite- great for night shift workers
28. Antifog treatment for sunglasses
29. Cravat folded in a square or triangle, placed in helmet- acts as a cushion and absorbs sweat
30. Thin Gloves- protect hands from drying out and prevents burns to hands when using a weapon that has been sitting out in sun
31. Sun bloc
32. Mosquito/fly/sand flea repellent
33. Travel Toilet Paper- Commissary, PX, WAL-Mart. Great for during moves or travel times away from FOB
34. Ziploc bags all sizes- double seal kind- keeps dust out of clothes and hygiene bag.
35. Nail files/scissors- nails get dry and break easily
36. Nail Clippers- cuticles get dry, crack and bleed
37. Baby Powder- helps with heat rash
38. Diaper ointment
39. Band-Aids
40. Tweezers
41. Camping Pillow- Purchase in Clothing Sales
42. Hair Clippers/scissors- get a really short hair cut before leaving, one less thing to worry about when you first get boots on ground
43. Small camping mirror- if you buy the hygiene kit bags, various sizes, at REI they have a hook to hang on the bathroom stalls and the small mirror detaches.
44. Self inflating air mattress- Purchase at Clothing Sales, PX, Camping Store- Purchase one that does not exceed the width of a cot by very much.
45. Crystal Lite Tube Packets- great for small bottles of water
46. Digital Camera with extra batteries, battery charger, memory cards, cords
47. DVD/CD player
48. Flash drive- great for OER's/NCOER's/awards, digital pictures to send home, journal
49. Laptop computer- great for OER's/NCOER's/awards, watching DVD's, journal writing
50. Shortwave radio- some areas can pick up the BBC, purchase at camping stores/REI
51. Holiday Ornaments- colorful ornaments really bring life to the brown desert landscape
52. Birthday Ornaments/Cards
53. Put together hard plastic containers prior to deployment with items you would like or may run out of. The PX may not carry items that you want. Project out when you would run out of soap, shampoo, female hygiene items, shaving items, toothpaste, dental floss, underarm deodorant, laundry soap (small packets sold in PX, Clothing sales), pens/pencils, writing paper, reading material, CD's, DVD's, ect. Label the boxes "send 3 months out, then 6 months out ect. Also, send a box right before you leave and it may get there a month after your arrival. The amount of supplies that you send to yourself or have others send to you will depend on where you are living, how frequently you will

move, the nearest PX and how fast/slow the mail will get to your location, especially around the holidays when the amount of mail drastically increases.

- 54. Medications- you are suppose to bring 90 days of supply. Keep them in the original bottle during plane rides. If they are not in the original bottle and placed in a plastic bag to save space, the US inspectors will toss out the medications.
- 55. Mesh Shoulder bag or backpack for showers (allows for drainage of water, buy at WalMart)

### **PACKING LIST FOR PLANE RIDE DOWN RANGE**

You may not arrive in a day; it may take three to four days to get there

Carry the following items on your person, do NOT pack them in your rucksack, you may not be able to get to your ruck. Being enclosed on a plane with a group of soldiers that have not showered in a few days can be challenging.

Size of carry on should not exceed commercial carry on standards- 9x14x22. You can put carry ons in the overhead bin and still have room to stretch your feet out.

1. Change to underwear and T-shirt
2. Toothpaste-small tube/travel size
3. Toothbrush- travel size
4. Towel-prefer hand towel, smaller to pack and can be used to wash entire body
5. Wash cloth (mesh wash cloth dries quickly, scrubs skin, buy at WalMart)
6. Change of sock liners and socks
7. Dental Floss
8. Underarm deodorant
9. Extra meds-one month worth
10. Extra female hygiene items
11. Males- shaving kit
12. Comb/brush-travel size
13. Soap- travel size
14. Nail file- wooden kind, not metal (airport security will take metal ones)
15. PX/Camping stores carry small hygiene kits to put these items in or just put them in a freezer zip loc bag, that way you can easily see the items.
16. Extra zip loc bags- put dirty clothes in and wet towel and wash cloth
17. Flip flops- wear during really/really long flights and use in community showers
18. Emergency thick foil blanket- use if spending night in hanger on a cot or sleeping on the floor
19. Travel pillow or inflatable pillow- rolled up ACU/BDU/DCU top can be a pillow
20. Entertainment items- Books/IPOD/CD/DVD/headphones
21. Eye shield
22. Ear Plugs

23. Do NOT carry knives, explosives or bullets on the plane, put knives in checked baggage-some airports will be civilian controlled and they will take the knives from you.
24. Small digital camera
25. Small flashlight- great for night arrivals to a hanger or building that is already in lights out mode, you will not disturb those already sleeping while trying to find a vacant cot/bunk
26. One months supply of medications